

U.S. & Japan
Exercise Keen Edge

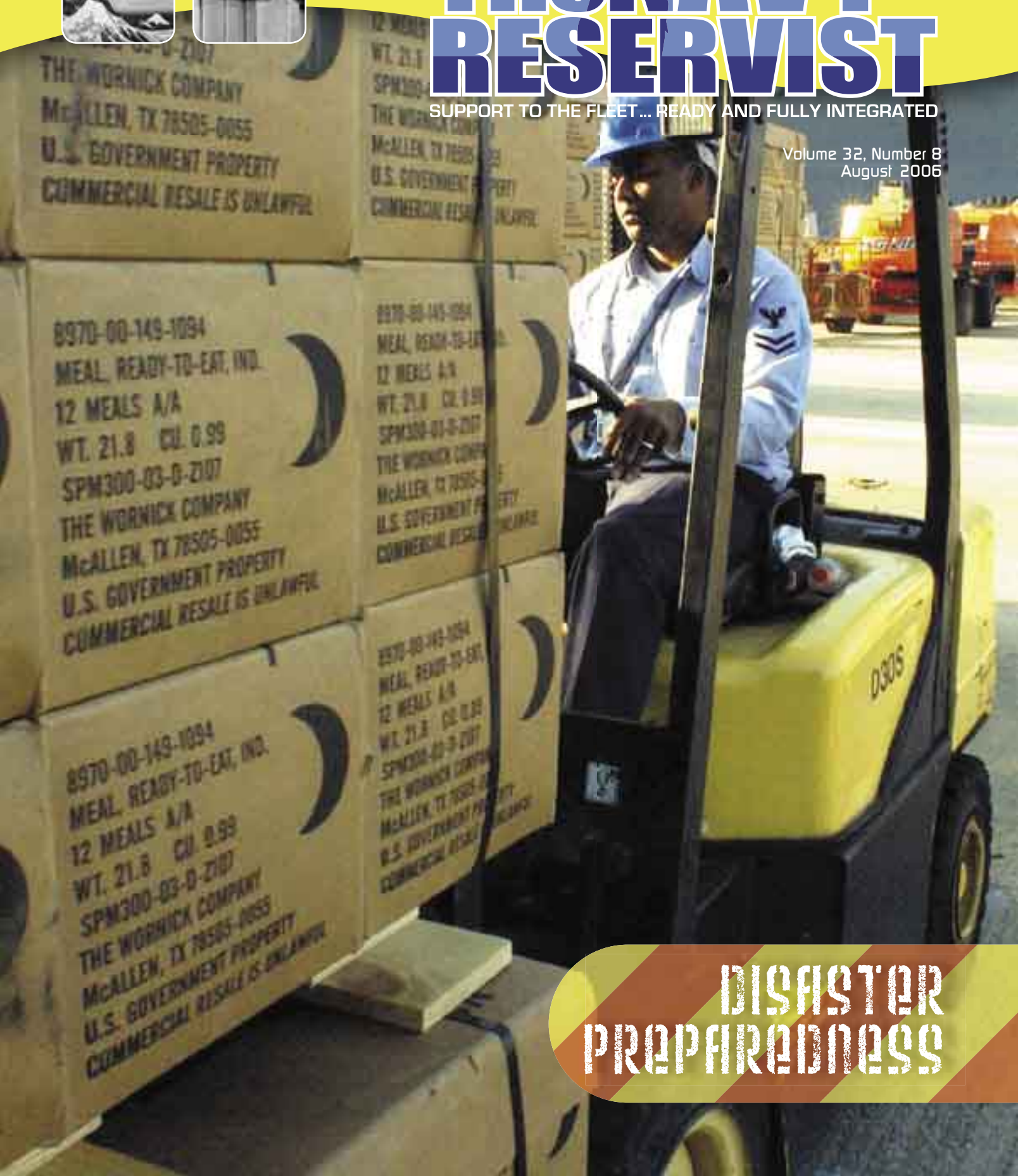
Makeover:
Thailand School



The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED

Volume 32, Number 8
August 2006



DISASTER
PREPAREDNESS

Make Sure Your Vote Counts!

Story by
Lt. Audry Oxley,
CNRFC Voting Officer

Being recalled, mobilized, deployed or simply moving can impact if, and how, your vote gets counted. This fall, many states will host primary elections and many Reservists will be unable to cast ballots at local election sites. The Federal Voting Assistance Program provides easy and reliable solutions for Reservists to ensure their votes are counted. Follow these guidelines to ensure your vote is counted:

U.S. Navy photo by Miriam S. Gallet



1. Contact your unit/embassy/organization voting assistance officer for help in absentee registration and voting.

2. Visit the Federal Voting Assistance Program's Web site at **www.fvap.gov** for information on the absentee registration and voting process.

3. Ensure you have applied for an absentee ballot using the hard copy or online versions of the Federal Post Card Application.

4. Make sure your local election official has your current mailing address.

5. Sign and date all election materials.

6. Fulfill your state's witness/notary requirements (if required).

7. Ensure your ballot or Federal Post Card Application is postmarked in accordance with local and federal guidelines.

8. Register to vote and request your ballot in a timely manner. This should be no later than September.

9. VOTE. Follow established local and federal voting timelines.

10. Use the Federal Write-In Absentee Ballot if you are overseas, and your state absentee ballot does not arrive in time to be mailed back by the state's deadline.

U.S. Navy photo by Mass Communication Specialist Seaman Joseph Ehalo



Federal Post Card Applications and Federal Write-In Absentee Ballots are available electronically from **www.fvap.gov** and from your local Voting Assistance Officer.

ABOVE: Culinary Specialist 2nd Class Scotty Wells listens to Florida's St. Johns County Assistant Supervisor of Elections, Aimee Brennan, explain registration procedures.

LEFT: Naval Support Activity (NSA) Bahrain Command and Voting Assistance Team Coordinator, Legalman 1st Class Greg J. Dorsey, helps Sailors register to vote. The goal is to get 100 percent of NSA Bahrain personnel to register.

August Features

The NAVY RESERVIST

SUPPORT TO THE FLEET... READY AND FULLY INTEGRATED



12

Text Messaging ... TXT MSG GO

Last year's hurricane season brought to light another vital communication option when all other methods failed.



13

Pod Cast Away!

The Navy Reservist begins broadcasting over the Internet with topics of interest to our Reservists!



14

Exercise Keen Edge Sharpens Disaster Contingencies.

Minnesota Reservists support U.S. and Japan bilateral exercise by training in emergency management and disaster mitigation.



18

Makeover: Thailand School

Sixteen Reservists arm themselves with paintbrushes, rollers and paint in a goodwill effort to brighten up children's classrooms.



22

Patrol Craft Overhauling in Dubai Dry Dock

Specialized Reservists get down to the bare metal in their mission to refurbish two patrol crafts.



24

Rear Admiral John Ford

Acclaimed Hollywood film director, Oscar winner and oh yeah, Navy Reservist helped shape Patriotism during WWII with his love of country and film making.



26

RC and AC Strike in Cobra Gold 2006.

Eleven thousand combined military from the U.S. and Thailand convene on mission joint training in Southeast Asia.



Our Cover:

Culinary Specialist 2nd Class Glynnell Simms stages Meals Ready-to-Eat to be brought aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

*U.S. Navy photo by
Mass Communications Specialist
3rd Class Eric S. Garst*

Departments

Commander's View ... 02

Sailors Matter ... 03

Mail Buoy ... 04

Spiritual Navigation ... 06

Taking The Helm ... 07

Culture Of Fitness ... 08

Back To Basics ... 09

Profiles In Professionalism ... 10

Focus On Families ... 16

Now Hear This ... 28

Checklists ... 30

RC Phone Directory ... 32

Vice Adm. John G. Colton ... Chief, Navy Reserve

Rear Adm. Craig O. McDonald ... Commander, Navy Reserve Forces Command

Cmdr. Ed Bucalin ... Force Public Affairs Officer

Lt. Adam Bashaw ... Deputy Force Public Affairs Officer

Mass Communication Specialist 1st Class(SW/AW) Rob Kerns ... Editor

Mass Communication Specialist 3rd Class Quinn Whisner ... Assistant Editor

Mass Communication Specialist 2nd Class(SW) Kurt Eischen ... Photo Editor

Bryan W. Bordelon ... Creative Director/Graphic Designer

The Navy Reservist is an authorized publication for members of the Department of Defense (DoD). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DoD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Forces, Command New Orleans. Contributors may send news and images by e-mail to navresfor_tnr@navy.mil or by mail to: The Navy Reservist, COMNAVRESFOR (NOOP), 4400 Dauphine Street, New Orleans, La. 70146-5046. Telephone inquiries should be made to (504) 678-1240 or DSN 678-1240.

The Navy Reservist is always looking for good action photos of Navy Reservists (minimum 300 dpi) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph, including their respective rate, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. Submissions should be received eight weeks prior to publication month (i.e. October 1st for the December issue). Material will not be returned.

NEWS ONLINE ... The Navy Reservist current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS ... Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their NOSC Personnel Office.

Commander's View



FY06 ... Looking forward to FY07

As FY06 approaches its end, it has always been my custom to use opportunities such as this to look back at the major decisions made during the year and analyze them. While it's true many of you have keener analytical skills than I do, still, over the years I've learned that making good decisions basically involves three things:

1. **Fully understanding what the real decision is.**
2. **Having clear criteria for evaluating the choices.**
3. **Fully understanding the available alternatives.**

Of course, some decisions are based on mere instinct, and that's all right, as long as we realize that's what we are doing.

As I look back at the decisions made in this fiscal year, I am satisfied the majority were timely and correct. Concerning CNRFC, this past year's most pressing decisions revolved around maintaining mission integrity while surviving the staggering effects of Hurricane Katrina. In regards to the entire Reserve Force ongoing decisions further aligned the Reserve Component (RC) with the Active Component (AC). In fact, to varying degrees, every major facet of the Navy now involves the RC.

During 2006, leadership decisions demanded sacrifice from many of you. Many of you were

ordered to relocate your homes and families. Many were called to support the Global War on Terror. None of these decisions or orders were taken lightly and most often they were agonizingly difficult determinations.

However, each of you displayed unwavering dedication and tenacity. I remain deeply grateful to the unbelievably resourceful and dedicated personnel of our Navy Reserve who met each arduous challenge with immense courage and commitment.

FY07 begins soon. Clearly, our primary decisions and focus must remain on readiness. I cannot emphasize this enough. Unquestionably, the future standing of America rests on our ability to fight the Global War on Terror and maintain a ready Navy. This is one of the most crucial conflicts in our nation's history. As such, I will continue to charge leadership across the board with getting your people ready! Each member under your command needs to be war-zone deployable with minimal delay. I do not know how to make it any clearer than that. We are in this for the long haul. Do not rest until every person in your command is CAC card compliant. Do not rest until every person in your command has his or her mobilization packet fully prepared. Find out which of your people have requested orders

and make it happen, because such selfless dedication deserves our strongest support.

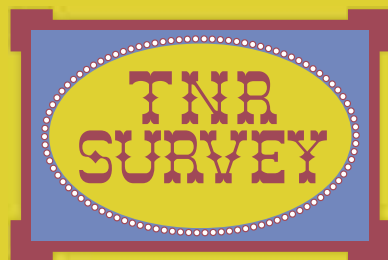
Another decision each of us must make is to be ready in the event of a natural disaster. After every catastrophe people ask themselves, "Why didn't I prepare?" Outstanding question! What's to be gained by waiting? In this edition of TNR, you will find some particularly useful information on disaster preparedness. Make the decision to read this magazine and then do what is recommended to prepare your family and yourself for any possible disaster. Decide to act now; don't procrastinate.

America is a just and generous nation that is embroiled in an immensely perilous clash of ideologies with zealots whose total focus is on bringing her to her knees.

Through our timely and correct decisions, we will not let that happen. Therefore, I ask each of you to use the remainder of FY06 and FY07 as a chance to better prepare ourselves, our Navy and our nation for whatever lies ahead. Employ the three elements in making a good decision and through your dedication this country will continue to be strong!

Warmest regards,
Rear Adm. Craig O. McDonald
Commander,
Navy Reserve Forces Command

**SURVEY
SAYS
WHAT?**



Tell Us What You Really Think

The Navy Reservist goes under the magnifying glass in the September issue in order to best serve our dedicated Reservists! Look for the survey card inside that issue, fill it out, drop it in the mail and we'll pay the postage!

Look for the results in subsequent issues!

Sailors Matter



Bragging Rights

I had a unique opportunity in June to go on record and testify before the Commission on the National Guard and Reserves. This Commission was tasked by Congress to conduct a one-year study and recommend changes in law and policy to ensure that the National Guard and Reserves are organized, trained, equipped, compensated and supported to best meet the national security needs of the United States. I was able to present my perspective as the senior enlisted advisor for the Navy Reserve. What an honor!

I have to tell you my priority going in was to brag about the incredible, brave men and women who serve in the Reserve Component of the U. S. Navy. If I didn't say anything else I wanted to tell your story and I beamed with pride as I talked about the more than 33,000 Citizen Sailors who have been mobilized since the events of 9/11 and the more than 5,000 mobilized today in support of the Global War on Terror. I sat a little taller in my chair as I shared with this distinguished committee of how 50 percent of the Navy Individual Augmentee (IA) requirement is being met by Reserve Component Sailors – truly an amazing statistic. We talked

about the “strategic reserve” and how this Cold War mentality is melting away in the heat of the long war. We quietly revered the 27 Sailors who were Re-Serving the Navy and gave the supreme sacrifice for our country. I was quick to note that the Total Force extends way beyond those who are mobilized and referenced the more than 23 percent of our Force on any give day providing operational support across the world. I cannot overstate how important it is that you know how much your service is appreciated from leadership inside the beltway.

You will be happy to know with that segue I then highlighted many of the hot issues I am hearing communicated through your chain of command and in my travels.

Issues like the ongoing Zero-Base Review and your opportunity for the future. How we need one pay and personnel management system that can positively improve our Sailor for life initiatives and affect pay, orders, travel, mobilization and over all administrative readiness. I shared how so many of our folks are traveling greater distances to get to work because of the Base Realignment and Closure process along with our requirement to get

our people to Active-Duty supported commands and how we must address the reimbursement of travel. Across all service components we talked about issues like joint family communication and support centers worldwide, improvements to the Montgomery G.I. Bill, Tricare for life and considerations concerning increased retirement plans.

I don't know what the outcome will be of the Commission, but I will say they are now ready and prepared to move forward with what I believe to be critical information from the deck plates.

This month's *Navy Reservist* is focusing on disaster preparedness and being prepared. We all must be prepared in many areas of life. Advancement. Physical Readiness Testing. Hurricanes. Mobilization. Retirement. These are all things that affect us and I hope you can glean some useful information in the following pages.

If you want to review my testimony to the Commission on the Guard and Reserve in it entirety you can find it at www.cngr.gov.

See you on the deck plates.

FORCM(SW) David R. Pennington

Force Master Chief,
Navy Reserve Force



The Secretary of the Navy and Chief of Naval Operations have approved recommendations of the 1965 National Naval Reserve Policy Board on subjects which range from reenlistment bonuses to the training of Reserve officers for command at sea. Some of the recommendations will require further action before they can be put into effect. Reenlistment incentive pay, for instance cannot be translated into dollars and cents until it is approved by the Bureau of the Budget and enacted into law by Congress.

Inactive duty Naval Reserve officers correspondence courses are governed by the Secretary of the Navy. Promotion points were no longer required to qualify professionally for promotions.

Letters, We Get Letters!



Ever have a question about the Navy Reserve, but didn't know whom to ask? The TNR Mail Buoy will get your answers from Reserve Component (RC) leaders monthly to satisfy your curiosities and quell rumor mills. Send your questions to NAVRESFOR_TNR@navy.mil.

Dear Mail Buoy: I want to mobilize and help with the GWOT. My commanding officer said it may be a challenge sending me to Iraq or Afghanistan because of funding or other requirements. I really want to volunteer to do my part. Will I be able to volunteer, and how can I do so?

*MC1 Jeff Craig,
PACENPAC DET Everett*

Dear MC1 Jeff Craig: Volunteers for service in support of the Global War on Terror are needed. The primary method for volunteering and with your unit chain of command's permission, is changing your Manpower Availability Status (MAS) code to "VOL." This code places you on the list that is the primary, "First Source" for identification of personnel to fill approved requirements. More information on this procedure can be obtained from your Navy Operational Support Center (NOSC).

An additional location for volunteering is now available on Navy Knowledge Online (NKO). This also requires permission from your chain of command. The portal allows for more information, contact data, NEC's and even desires for location. The Volunteer Portal Data is provided from BUPERS to CNRFC Director for Reserve Mobilization on weekly basis. To access the NKO Volunteer Portal, log on to NKO at <https://www.nko.navy.mil/>.

- Step 1: Go to NKO website.
- Step 2: Click on Individual Augmentee Sign In
- Step 3: Click on Volunteer
- Step 4: Complete U.S. Navy Volunteer Request Form

*Cmdr. Don Dombrowsky
CNRFC Director, Reserve Force Mobilization*

Dear Mail Buoy: I heard there is now health insurance available to Reservists. Is that true?

*Lt.j.g. Karlos Kirby,
Fleet Forces Command*

Dear Lt.j.g. Karlos Kirby: Yes, but with conditions. TRICARE Reserve Select (TRS) is a new premium-based TRICARE health plan offered for purchase by certain members and former members of the RC and their families, if specific eligibility requirements are met.

TRS coverage is available to eligible RC members who were called or ordered to active duty, under Title 10, in support of a contingency operation on or after Sept. 11, 2001. RC members and their RC unit will need to agree for the member to stay in the Select Reserve for one or more whole years to qualify.

TRS coverage must be purchased. TRS members pay a monthly premium for health care coverage (for self-only or for self and family). TRS premiums are adjusted Jan 1st each year.

The premiums for calendar year 2006 are \$81 for TRS member-only coverage and \$253 for TRS member and family coverage. Eligibility to purchase TRS is determined by the RC personnel offices. RC members may be eligible to purchase TRS for themselves and their immediate family members if they:

- Were called or ordered to active duty in support of a contingency operation, as defined in section 101(a) (13) (B) of Title 10, United States Code, for more than 30 consecutive days on or after September 11, 2001.
- Served continuously on active duty for 90 days or more under those orders. The length of time served determines the maximum period of TRS coverage.
- Enter an agreement to serve in the Selected Reserve.

RC members who are otherwise eligible, but did not serve continuously on active duty for 90 days under those orders due to an injury, illness, or disease incurred or aggravated while activated, may be eligible for one year of TRICARE Reserve Select coverage.

TRS eligibility is determined by the Reserve Component and the RC member's agreement to service in the Selected Reserve, which is recorded in DEERS—the Defense Enrollment Eligibility Reporting System by the Service or Reserve Component unit personnel office.

Eligibility can be verified through the Guard-Reserve Portal at <https://www.dmdc.osd.mil/appj/tsa/service.jsp>. For assistance with questions about eligibility or the Service Agreement, members can contact their service personnel office or contact your NOSC or TRS Policy Coordinator at (504) 678-6053/DSN 678-6053.

*Cmdr. Robert Clipper
CNRFC Force Medical*



Newsworthy

by Mass Communication Specialist 1st Class
Rob Kerns

NOSC Erie Wins Campaign Drug Free Award

Navy Operational Support Center (NOSC) Erie, Pa., was honored with the 2005 Campaign Drug Free Flagship Award for small shore command.

The award recognizes commands having a dynamic Campaign Drug Free Program (CDF) providing a drug demand reduction program to schools, organizations and communities to address youth on the dangers of drug abuse and the importance of being drug free.

NOSC Erie's nine-person staff provided 7,300 hours of volunteer service reaching more than 1,250 students across three schools in the local community.

"In one school we did our presentation in front of a full assembly of the students," said NOSC Erie commanding officer, Lt. Cmdr. Ed Parry. "In the other schools, we visited every classroom over the course of a week. It was definitely a growing experience for both the students and our Sailors."

Many Sailors were surprised how much the elementary school students already knew about drugs and alcohol. They were grateful for the opportunity to speak with the students and hopefully make a positive impact on their lives.

According to Electrician's Mate 2nd Class Mark Marzzella, the students were receptive to the Sailors' message.

"The kids really opened up about what they knew about drugs, and some of them said they knew people who were using drugs," said Marzzella. "I'm glad we were there to show them that there is a way of life that doesn't involve drugs."

The Erie Sailors are humbled by the Flagship Award, but made it clear they have not been doing all of their work to seek some kind of merit; their hope is to make a positive impression on young minds.

"Seeing them smile, knowing we made an impact, that's what it's all about," said Marzzella.

With the school year winding down the Erie Sailors plan to take their anti-drug message out of the classroom. This summer, the Sailors will reach out to the city as a whole with a booth at an upcoming air show and will gear up plans to hit more schools and students next school year.

For more information on Campaign Drug Free go to <http://navyreserve.navy.mil>. **TNR**



Personnel Specialist Seaman Damian Dorsey (left), CDF coordinator NOSC Erie, Electrician's Mate 2nd Class(SW) Mark Marzzella (center) and Personnel Specialist 2nd Class Christina Gardner (right) stand with a few of the elementary students who actively participated in the CDF program.

Campaign Drug Free Flagship, sponsored by Commander, Naval Reserve Force, is a drug education project that delivers a simple message: "If you want to be a success, don't use drugs." CDF is a resource available to schools, organizations and communities that provides speakers and educational materials about the dangers of drug abuse and the importance of being drug free. Navy and Marine Corps volunteers use a specially prepared, age-targeted video to convey an anti-drug message to elementary, middle and high school students. Following the video presentations, Sailors and Marines discuss the challenges of taking charge of their lives and establishing self-control posters, brochures and public service announcements provided by CDF reinforce the anti-drug abuse message.



The Spiritual Side of Preparedness

I know many of you are saying to yourselves as you see the title of this article, "Chaplain, we have enough trouble getting together the practical parts of being prepared for a disaster. We don't have time to do the "spiritual" stuff. And even if we did, we don't have the slightest idea of where to start."

In reality there is a balance to our existence we continue to try to keep in some stability, which includes the physical, intellectual, emotional, relational and spiritual, to name the most important ones. When one is out of balance, it threatens the equilibrium of the whole person.

In all things in life, the spirit to accomplish, excel, grow and succeed is directly linked with our ability to reach the goal. In other words, without that spirit, the will or the drive just ceases to exist. So maybe the place to start in our preparedness for any disaster is the spiritual side. It seems to me if we build the spirit, so no matter what happens, we will be able to get through any crisis healthily.

History teaches us disasters, wars, environmental and political misfortune befall people. There are no absolute guarantees in life. However, we can defend ourselves against these threats. We know preparation lessens disaster. Preventive and protective measures enable us to secure the best possibilities for the survival and well-being of family, friends and neighbors. Without protective measures, we as people and our nation as a whole are vulnerable.

So, how do we deal with it? What are we looking for to prepare our spirit for what may befall us? Most of our needs are pretty simple:

we want to feel secure, have a clear direction and be as comfortable with a difficult situation as possible. We want reassurance everything is okay and that those in authority have things under control. We prefer the familiar and are threatened by the unknown and the possibility of change.

So how do we prepare ourselves and our families spiritually for an impending disaster?

There is no one formula that works. There is no quick spiritual pill you can take to settle your spirit and give you the wherewithal to make it through. There are some places to start however.

If you've never thought of your spiritual side, then now is certainly time to take a look inside. What makes you who you are? Who or what is the prime mover in your life? Who provides comfort and consolation in your life when you are stressed or out of sorts? If you believe in God, what role does He play in your life and how do you communicate with Him. If certain things you have done in the past have helped you to gain perspective, how can you call upon those again to help to bring back peace and perspective in a time of crisis? What healthy behaviors have been constructive and helped you to achieve your goals in your life?

If all of this sounds like it is linked to your psychology, it is. Your psyche is linked intimately with your spirit. Both can be nourished together. They compliment one another.

Talk about it. Now this is a hard one. People are reluctant to speak about their spiritual side because it is personal and intimate. So

they just avoid it. Try, however, to put it into words: what you believe in, what you value, who you value and where you feel your God or the spirit is leading you. Especially if you have care of others, such as a spouse, children, relatives or friends. Comfort and understanding come from honest, open communication of all that I have talked about before.

If we take to time to do some of these things, then some of the rest will fall into place. The physical preparations will flow a lot easier, be more organized and a lot less stressful. It won't take a long time. In fact you can start the opening dialogue in a 15-minute ride in the car. You are all in the same vehicle together, not more than a few feet apart. It may even bring the family closer together.

Other people will tell you to make sure you have enough water, proper clothing, car preparations, enough gas all those essentials that speak to the physical side of working through a disaster. These are certainly important but for your spiritual and mental health you have to supply yourself just as well. It will make the difference between falling apart and making it through. It will provide sustenance beyond the crisis and help in the healing.





Schedule Leadership

As Navy leaders, whether front-line supervisors or senior managers, we're responsible for our units' operational effectiveness and readiness—in addition to our civilian career and family responsibilities. Key traits of good leaders are organizational skills and staying ahead of the curve. Easier said than done! Here are a few proven resources and tips on taking care of yourself and your people while contributing to the Navy.

Paper Trail

The Navy Leader Calendar is a practical tool for keeping on top of the basics in the leadership role. The calendar provides a monthly tickler for due dates on fitness reports, evaluations, counseling, advancement exams, as well as selection board convening dates. It's easily accessible and downloaded from Navy Knowledge Online (NKO). Go to the bottom right of the Leadership tab page, and select the tool desired: calendar, monthly guide, or weekly planner.

This paper trail is the manifestation of effective resource management, avoiding crisis by anticipating recurring deadlines. Schedule short one-on-one mentoring sessions to discuss new assignments, training opportunities, and leadership positions. Prepare your team for increased responsibility and promotion. They will want to emulate the style of a leader who can encourage and energize the team.

People

The Navy adage "Praise in public, punish in private" is still germane. Regularly review each

member's record or conduct a survey to determine who meets the eligibility criteria for awards such as the Global War on Terror (GWOT) Service Medal or the Meritorious Volunteer Service Medal. These "unsung hero" awards often go unrecognized because no one thought to check the criteria.

A crucial management role is recognizing employees for their accomplishments. A letter of appreciation or commendation for a special project, such as helping at a charity fund-raiser, Adopt-a-School, or unit event, is important in recognizing extra efforts. It's a way to say "thank you." For example, a commanding officer of a personnel mobilization team in Camp LeJeune recognized one Sailor at the end of each drill weekend with the presentation of a bulldog keychain. It was another way to say "B.Z." as well as underscore their relationship with their Marine Corps gaining command.

Ensure there is a process for awarding your unit's Sailor of the quarter and Sailor of the year. Coordinate with the cycle of eligibility and submission at the Navy Operational Support Center (NOSC) and Reserve Component commander. Even if your nominees are not selected at the higher levels, you have recognized their contributions and have given them visibility up the chain-of-command, this name recognition from senior management is an added bonus when the Sailor is in front of a board for promotion or special programs.

Additionally, unit awards can be great for esprit de corps. Nominate your unit for the annual Readiness Commands' Command Excellence Award, aka the Bilger Award.

Nomination forms are typically due in the third quarter and instructions and eligibility criteria are available through each Reserve Component Commander.

Support and Growth

Beyond the unit level, support the Navy Reserve by designating a unit representative for the local and regional policy boards. Convening dates are scheduled and posted in the Plan of the Months, and increasingly, at NOSC Web sites. The individual will experience the Navy's performance improvement process in action as well as being part of the solution. Likewise, encourage your members to serve on a selection board to support the Navy's promotion and advancement process. In August, BUPERS publishes the annual requirements and submission deadlines. Their web page "Reserve" tab delineates the application process. Such opportunities enable the individual to develop leadership skills while serving to support big Navy.

Encourage unit members to nominate their employers for supporting them in the Navy Reserve. Employer Support of the Guard and Reserve (ESGR) has an easy, online nomination form for the Patriot Award, which can be given to any member's employer. Employers receive framed certificates, lapel pins, and letters thanking them for their support.

Think these gestures are too home-spun, corny? They are a tried-and-true way for building rapport between business entities, of establishing an organizational climate that recognizes and appreciates that Reservists have two bosses. **TNR**



Stress and How to Deal With It

You feel anxious, tense and irritable.

You can't think as clearly as usual; you're easily confused, forgetful and accident-prone.

You feel generally run down and tired during the workday. You don't have your usual energy.

You feel overwhelmed because you're constantly thinking about all the things you have to do at work. Sometimes you can't relax or don't get a good night's sleep.

These are some of the signs of "stress."

What is Stress?

Stress is defined as any change that you must adapt to in our ever-changing world. In particular, it is any demand (force, pressure, strain) placed on the body and the body's reaction to it. Stress is also the body's instinct to defend itself. This instinct is good in emergencies, such as getting out of the way of a speeding car. But, it can cause physical symptoms if it goes on for too long, such as in response to life's daily challenges and changes.

When this happens, it's as though your body gets ready to jump out of the way of the car, but you're sitting still. Your body is working overtime, with no place to put all the extra energy. This can make you feel anxious, afraid, worried and uptight.

Changes Are Stressful

Any sort of change can make you feel stressed, even good change. It's not just the change or event itself, but also how you react to it that matters. What may be stressful is different for each person.

Other things that may be stressful include being separated from your family while on deployment, changing duty stations, the death of a loved one, divorce or marriage, an illness, an injury, money problems, buying a house or having a baby.

Stress Affect Can Affect Your Health

Stress can cause health problems or make problems worse if you don't learn ways to deal with it. Talk to your family doctor if you think some of your symptoms are due to stress. It's important to make sure that your symptoms aren't caused by other health problems.

How To Reduce Stress

The first step is to learn to recognize when you're feeling stressed. Early warning signs of stress include

tension in your shoulders and neck, or clenching your hands into fists.

Choose a way to deal with your stress. Avoid the event or thing that leads to your stress. The best way is to change how you react to it.

Stress-reducers:

- Exercise regularly. Daily walks, jogging, weight lifting or 30 minutes of cardio exercise relieves your built-up energy and tension. A feeling of well-being and confidence and better shape will follow.
- Eat well-balanced healthy meals. Don't skip meals and resort to fatty snack foods, sweets and other "junk" foods. A diet that includes plenty of bread, rice, pasta and other grains, vegetables and fruit will provide you with energy and help you cope with stress better.
- Relax and Sleep. Find time to relax each day, you will do tasks more efficiently and effectively if you feel rested. Spending time alone in a quiet place, focusing on something pleasant, reading, playing with a pet, or taking a long warm bath restores you. Don't feel guilty about taking time for yourself. At the end of the day, you should get between 7-8 hours of sleep to allow your body and your mind recuperate.
- Plan and Prepare. Allow more time to do things, so you're not always rushing at the last minute. Avoid people or activities you find annoying. Prepare for stressful events like a group presentation or an advancement exam. Set realistic goals at home and at work. Initiating a structured time management schedule is a great way to reduce stress and anxiety. Get away from your daily stresses with group sports, social events and hobbies.
- Don't make small problems seem bigger than they are. When something goes wrong, ask yourself: "In 10 years' time, will this matter?" Also, don't worry about things you can't control, like the weather or freeway traffic.
- Concentrate on living in the present, don't dwell on the past. Don't worry about bad things that may happen in the future.
- Talk about problems with a confidant. Ask for help from friends, family or professionals. Talking can sometimes help solving them, or at least relieve the pressure. People may give you new insights on old problems or dealing with them. **TNR**





Story by
Cmdr. Ed Buclatin

WRITING IT RIGHT

Each of the armed services uses unique rank abbreviation for official correspondence (i.e. letters, memos, messages, etc.). For example, a Navy captain (CAPT) should not be mistaken for a Marine Corps captain (Capt.) or Army captain (CPT). The following table provides the appropriate abbreviations. **TNR**



					
O-10	ADM	ADM	Gen	Gen.	GEN
O-9	VADM	VADM	LtGen	Lt. Gen.	LTG
O-8	RADM	RADM	MajGen	Maj. Gen.	MG
O-7	RDML	RDML	BrigGen	Brig. Gen.	BG
O-6	CAPT	CAPT	Col	Col.	COL
O-5	CDR	CDR	LtCol	Lt. Col.	LTC
O-4	LCDR	LCDR	Maj	Maj.	MAJ
O-3	LT	LT	Capt	Capt.	CPT
O-2	LTJG	LTJG	1stLt	1st Lt.	1LT
O-1	ENS	ENS	2ndLt	2nd Lt.	2LT
CW0-5	CW05	CW05	CW05	---	CW5
CW0-4	CW04	CW04	CW04	---	CW4
CW0-3	CW03	CW03	CW03	---	CW3
CW0-2	CW02	CW02	CW02	---	CW2
W0	WO	WO	WO	---	WO1
E-9	MCPON / MCPO / CMDM / FLTCM / FORCM	MCPOCG / MCPO / CMDM /	SgtMajMC / SgtMaj / MGySgt	CMSAF / CMSgt / CCM	SMA / CSM / SGM
E-8	SCPO	SCPO	MSgt / 1stSgt	SMSgt	MSG / 1SG
E-7	CP0	CP0	GySgt	MSgt	SFC
E-6	P01	P01	SSgt	TSgt	SSG
E-5	P02	P02	Sgt	SSgt	SGT
E-4	P03	P03	Cpl	SrA	CPL / SPC
E-3	SN / AN / FN / HN / DN / CN	SN	LCpl	A1C	PFC
E-2	SA / AA / FA / HA / DA / CA	SA	PFC	Amn	PV2
E-1	SR / AR / FR / HR / DR / CR	SR	Pvt	AB	PV1

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, navresfor_tnr@navy.mil for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.

PROFILES IN PROFESSIONALISM



Operations Specialist
2nd Class
Gary W. Spence



Construction Electrician
3rd Class
David S. McLaughlin

Hometown: Plano, Texas

Brief description of your job: Operations specialist for MIUWU 109 responsible for communications, radar operations and mobile sensor platform operations.

Why did you join the Navy: I wanted to be a part of something important and serve my country.

Who has been your biggest influence since joining the Navy: My wife. She has been extremely supportive of my career.

What do you enjoy most about the Navy: The camaraderie I enjoy with my fellow shipmates.

The most interesting place you have visited since joining the Navy: Gadeokdo, South Korea

What has been your greatest Navy achievement: Being runner-up JSOY after just coming on board.

Current hobbies: Running and playing tennis.

Hometown: Fort Worth, Texas

Brief description of your job: Work in the Electrical Maintenance Department responsible for generator upkeep.

Why did you join the Navy: To enhance my resume, gain new and challenging skills to help further my civilian career and to also serve my country.

Who has been your biggest influence since joining the Navy: My old skipper of the non-prior-service unit, Lt. Cmdr. Vaughn, who showed me all the things that are possible through the Navy Reserve.

What do you enjoy most about the Navy: The opportunity to experience new challenges and adventures.

The most interesting place you have visited since joining the Navy: Gadeokdo, South Korea.

What has been your greatest Navy achievement:

Completing all my non-prior-service courses to advance to 3rd class petty officer and my three years of service.

Current hobbies: Computers and studying history.

A Soldier's Perspective

by Lt. Col. Scott A. Morrison,
*United States Army,
Warrenton, Va.*

Yesterday I returned home from a one-year tour in Iraq, where I served as a military advisor to Iraqi forces. Although nearly a quarter of my 40 years have been spent living outside the United States during my military career, returning home to the land of the free and the home of the brave remains an emotional experience.

Words fail to convey the sincere appreciation felt for the immense support received from the American public. On our journey home, the aircraft stopped at several locations. In one country an American citizen saw us and pressed a \$100 bill into the senior non-commissioned officer's hand and asked him to buy us something for our thirst later on. In Portsmouth, N.H., the entire town came out to welcome us upon our arrival at the local airport as though we were rock stars.

From the near-constant flow of Girl Scout cookies to letters and packages, the showering of attention is truly a humbling experience that I and many others are eternally grateful for. Describing how pleasant on the eyes everything here at home looks is difficult to convey. The green of trees and grass seem to draw my constant stare, as does the simple order, cleanliness, and functionality of the surroundings. It simply overwhelms the senses when compared to the landscape of Iraq and the hardship of the people there. I consider myself and my family extremely fortunate to be Americans, and I am highly appreciative for the bountiful lives we lead and my distinct privilege to serve our great nation and her people.

As an indication of how much I have missed my life here in the United States, I gladly look forward to my 90-minute, one-way commute into the Nation's capitol. I won't be riding to the train station with armored windows rolled up, sweating profusely in body armor and helmet, carrying two weapons while incessantly scanning the shoulder of the road for trash or disturbed earth indicating a possible improvised explosive device. I will travel among you relatively unnoticeable, with the exception of the strange look of occasional satisfaction for the simple pleasure of being there beside you with no worries to mention when compared to being in Iraq.

My euphoria of returning home to my family remains somewhat dulled in the recesses of my mind as I recognize many of my brothers continue our work in Iraq. I was reminded of the continued sacrifice in my final hours in Iraq as I waited to fly out. I bumped into a few OH-58D Kiowa Warrior helicopter pilots we had worked with us a few months earlier.


These two warrant officers typify the service and sacrifice of members of the armed forces. I mentioned to them our appreciation from the ground guy's perspective, for their constant presence and in particular their unique aviator ethos. In the city they flew day and night moving to "the sound of the guns" in seconds when trouble raised its head. Unfortunately, one of their aircraft went down and two of those great Americans lost their lives, and three children lost their fathers. In my mind the clichéd word "hero" fails to do justice to

these larger-than-life men. Others like them continue to get after it from the mountains of Afghanistan to the cities of Iraq on our behalf.

With regard to the war in Iraq, the work is hard and progress labored. The magnitude of the task at hand is of such complexity that it cannot be exaggerated. Rest assured, though, contrary to the situation portrayed on the news, the sky is not falling every other day in Iraq. While home for two weeks in February, I was startled by the seemingly emergent 'civil war' as portrayed in the media, yet returned to find little had changed in the area I operated in. As I frequently told my Iraqi counterpart, the television is the world's most powerful weapon because of its ability to shape people's perceptions and influence their minds. Resist the Orwellian temptation to internalize all the shouting piped into your homes about Iraq from TV and for that matter all of the other pressing scandalous crisis-like issues beamed to you on a nightly basis.

I recognize it may appear difficult in our daily lives to remain persistently cognizant of the threats that exist to our nation and our way of life. Rest assured there are folks out there coming for our lunch money. I wish our common interest in preserving the longevity of this great nation, our prosperity and our way of life, could transcend the rancorous debate and circus-like folly swirling on a host of other issues across the country. Together our people will never be vanquished, divided we lie susceptible to those hungry for our demise.

TNR



The Next Level of Communication

Last November, *The Navy Reservist* published an article on the effectiveness and use of cellular phone text messaging, also known as “short messages” (SMS), to communicate with people affected by Hurricane Katrina despite the disrupted lines of communication. Now, we take that technology to the next level.

In preparation for the current hurricane season or other disaster/crisis, a Command Emergency E-mail Distribution (CEED) list can be established and utilized by any command to send instant text messages simultaneously to all personnel with handheld wireless devices (e.g. Blackberries, cellular phones and mobile PDAs). Message topics, such as requesting personnel to muster with the CDO or ordering personnel to immediately evacuate a base, can be efficiently passed to everyone anywhere at the push of the “send” button.

Planting the “CEED” with Text Messaging

by Cmdr. Ed Buclatin

Text messages to the CEED must be sent from an Outlook or other e-mail application in order to avoid the 10-phone number limit in typical text messaging software. You must use standard e-mail addresses for your recipients, NMCI addresses to reach Navy-issued BlackBerries and SMS addresses to reach cell phones. These SMS addresses are easily obtained as long as you know the recipient’s cell phone number and carrier to come up with the 10-digit-number@cell-carrier-domain.com address (see below).

CEED messages must be 160 characters or less, due to a limit established by the cell phone industry. Compose a short e-mail message using less than 160 total characters in Outlook (or any e-mail client) and address it to the cellular number at the carrier’s e-mail domain. Remember to remove your signature from the message before sending. Note that some carriers will break apart larger messages into 160 character messages, others will deliver only the first 160 characters. This includes the e-mail address, subject line, and the body of the message.

“Spr 2 the flt ... Rdy & fully intgrtd!” **TNR**

**Note: Some personnel may be charged up to ten cents a text message, so command leadership are advised to use this communication capability sparingly.

Text Message Address Formats, contact your provider if not listed.

Alltel: (mobile number)@message.alltel.com

Cingular: (mobile number)@cingularme.com

Cingular: (former AT&T)(mobile number)@mmode.com

Nextel: (mobile number)@messaging.nextel.com

Sprint: (mobile number)@messaging.sprintpcs.com

T-Mobile: (mobile number)@tmomail.com

US Cellular: (mobile number)@email.uscc.net

Verizon: (mobile number)@vtext.com

U.S. Navy photo by Mass Communication Specialist Almen Paul H. Lavery Jr.



Commander Navy Reserve Forces Command (CNRFC) has taken communication to the next level by releasing the official podcast of the Navy Reserve Force on June 6, 2006.

Available through the Navy Reserve Web site and major podcasting directories, the Navy Reserve podcast reports all current news affecting the Reserve Component as well as information from Navy Reserve leadership and stories of stellar Sailors in the Navy Reserve Force.

With the increasing use of the Internet to communicate news and information, the Navy Reserve Force aims to communicate the Navy message in a state-of-the-art format that's enjoyable and informative to its listeners.

"The Navy Reserve is taking the lead in communicating to our key stakeholders," said Commander, Navy Reserve Forces Command, Rear Adm. Craig O. McDonald. "Not only are we putting out relevant and timely information, but we're also reaching out by using technology that is increasingly used among our Sailors and future recruits."

There are already more than 50,000 podcasts available for streaming over the Internet, and the Navy Reserve Podcast is proud to join the family.

LAUNCH OF

The CNRFC podcast is available for downloading through the CNRFC web site as well as several podcast directories to reach the largest audience possible.

The podcast updates will be available bi-weekly from Navy Reserve Headquarters in New Orleans.

To listen to the Navy Reserve podcast, go to keyword "Navy Reserve" in your favorite podcast directory or go to <http://navyreserve.navy.mil>. **TNR**

by Mass Communications
Specialist 1st Class(SW/AW)
Rob Kerns



Podcasting 101

The term podcasting derives its name from Apple's iPod, but to create a podcast or even to listen to one, you don't need to own an iPod, or any portable music player for that matter. Podcasting is a new type of online media delivery. You publish selected audio files via the internet and allow your users to subscribe via an RSS feed to automatically receive your own syndicated online talkshow or radio program.

Graphic illustration by Bryan Bordelon,
with homage to Katsushika Hokusai's
"In the Hollow of a Wave off the Coast
at Kanagawa", 1827.

Minnesota Reservists Support U.S. & Japan Bilateral

Exercise Keen Edge

by Lt. Cmdr. Kim McNealy



MINNEAPOLIS — Twin Cities Reserve Component (RC) Sailors joined more than 4,300 U.S. and Japanese Forces for Exercise Keen Edge 2006. During the bilateral command base exercise Feb. 23 through March 3, 2006, U.S. and Japanese military personnel trained together in emergency management and disaster mitigation.

Commander, Naval Forces Japan Reserve Headquarters (NR CNFJ HQ) is comprised of 81 Minnesota-based members and plays an integral role in supporting Naval operations during contingencies in Japan. Specifically, this unit provides trained personnel for augmentation and mobilization to U.S. Naval Forces, headquartered in Yokosuka, Japan.



Directed by commander, U.S. Forces Japan and the chairman of Japan Joint Staff Council, *Keen Edge* participants included Commander, Naval Forces Japan (CNFJ), Fifth Air Force, Seventh Fleet, U.S. Army Japan and III Marine Expeditionary Force, all based in Japan.

Among the forces augmenting the exercise were 40 Minnesota-based RC Sailors assigned to NR CNFJ HQ, who flew to Japan to serve as a primary emergency communications link between Navy bases in Yokosuka, Sasebo, Okinawa, Atsugi and Misawa, and commander U.S. Forces Japan in Yokota Air Base. The Sailors also provided liaison officers at bilateral operations centers at Funikoshi and Ichigaya in Tokyo.

"The entire team exceeded expectations in a very demanding, fast-paced exercise while also establishing best practices

in bilateral cooperation and emergency management," said Capt. Bill Tate, the Reserve officer-in-charge.

During *Keen Edge*, Japanese and U.S. headquarters employed computer simulations to practice the steps they would take in the event of a real crisis or contingency. This exercise gave commanders the opportunity to test their contingency plans and improve their skills by responding to a wide range of simulated events.

"By training together, we improve effectiveness to handle real situations," said Capt. Steven Christensen, Reserve assistant officer-in-charge. "Overall, *Keen Edge* helped us demonstrate the ability to support Navy operations in emergency situations."

Rear Adm. James D. Kelly, commander of U.S. Naval Forces Japan, praised the team's performance, noting the CNFJ Reserve

Headquarters was instrumental in testing and executing actual command-and-control plans for communications, information management, logistic operations and crisis management.

Petty Officer 1st Class Jeff Stevens worked at the Sasbo Base Emergency Operations Center.

"As watch standers, we were fully engaged with the base and our CNFJ counterparts throughout the exercise," said Stevens. "Our enlisted personnel trained oncoming watch standers as well as received training on the new technologies this exercise employed."

CNFJ Reserve Headquarters Command Officer Capt. Sandy Adams summarized the unit's mission, "The 80 Sailors at our CNFJ Reserve Headquarters provide an important and well-trained capability to CNFJ."

Keen Edge was another excellent opportunity to

demonstrate our expertise as well as learn more and qualify our new watch standers."

CNFJ recently expanded the NR CNFJ HQ's mission to support five naval bases as well as the CNFJ staff. The Reserve unit will grow by 40 enlisted Sailors within the next year.

"CNFJ members engage in an extensive training program to familiarize themselves with how the U.S. and Japanese militaries work together," said Adams. "This not only includes information on facilities, forces and command structure, but also Japanese history, culture, geography, political thinking, constitutional law, treaty obligations and Japanese Self-Defense Force capabilities."

In the Twin Cities, the Navy Reserve is comprised of 26 units, including CNFJ, and more than 900 RC Sailors to support operational Navy commands worldwide. **TNR**



Forefront: Capt. William H. Tate, Rear Adm. James D. Kelly and Capt. Sandra E. Adams
Computers (l to r): Cmdr. Kurt Winter, Cmdr. Chris Rossing, Lt. Cmdr. Brian Miller and Cmdr. Bob Traeder
Back wall (l to r): Quartermaster 1st Class Pedar L. Brown, Boatswain's Mate 1st Class Brian Hjelmeland, Information Systems Technician 1st Class Malecha, Roger Hoot and Yeoman 1st Class Orin M. Torkelson.

How to Shelter-in-Place

by American Red Cross
www.redcross.org

One of the instructions you may be given in an emergency where hazardous materials may have been released into the atmosphere is to shelter-in-place. This is a precaution aimed to keep you safe while remaining indoors. Shelter-in-place means selecting a small, interior room, with no or few windows and taking refuge there. It does not mean sealing off your entire home or office building. If you are told to shelter-in-place, follow the instructions provided here.

Chemical, biological, or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television and radio stations on how to protect you and your family.

Because information will most likely be provided on television and radio, it is important to keep a TV or radio on, even during the workday. The important thing is for you to follow instructions of local authorities and know what to do if they advise you to shelter-in-place.

Shelter-in-Place At Home:

- Close and lock all windows and exterior doors.
- If you are told there is danger of explosion, close the window shades, blinds, or curtains.
- Turn off all fans, heating and air conditioning systems. Close the fireplace damper.
- Get your family disaster supplies kit at <http://www.redcross.org/services/disaster/beprepared/supplies.html> and make sure the radio is working.
- Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
- Bring your pets with you, and be sure to bring additional food and water supplies for them.
- It is ideal to have a hard-wired telephone in the room you select. Call your emergency contact and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate.

Shelter-in-Place At Work:

- Close the business. Bring everyone into the room(s). Shut and lock the door(s).
- If there are customers, clients, or visitors in the building, provide for their safety by asking them to stay. When authorities provide directions to shelter-in-place, they want everyone to take those steps now, where they are, and not go outdoors.
- Unless there is an imminent threat, ask employees, customers, clients and visitors to call their emergency contact to let them know where they are and are safe.
- Turn on call-forwarding or alternative telephone answering systems or services. If the business has voice mail or an automated attendant, change the recording to indicate that the business is closed, and that staff and visitors are remaining in the building until authorities advise it is safe to leave.
- Close and lock all windows, exterior doors, and any other openings to the outside.
- If you are told there is danger of explosion, close the window shades, blinds, or curtains.
- Have employees familiar with your building's mechanical systems turn off, seal or disabled all fans, heating and air conditioning systems.
- Gather essential disaster supplies, such as nonperishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting, and plastic garbage bags.
- Select interior room(s) above the ground floor, with the fewest windows or vents. The room(s) should have adequate space for everyone to be able to sit in. Avoid overcrowding by selecting several rooms if necessary. Large storage closets, utility rooms, pantries, copy and conference rooms without exterior windows will work well. Avoid selecting a room with mechanical equipment like ventilation blowers or pipes, because this equipment may not be able to be sealed from the outdoors.
- It is ideal to have a hard-wired telephone in the room(s) you select. Call emergency contacts and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or unreliable.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door(s) and any vents into the room. **TNR**



Disaster Preparedness Checklist

Story by Michael Hodgson,
an award-winning journalist, author of *Camping for Dummies*, *Compass and Map Navigator*, and *Facing the Extreme*, a American Red Cross volunteer instructor for the Nevada County Sheriff's Search & Rescue team.
Used with permission from
www.adventuresports.com

Emergency Preparedness Checklist

EMost experts suggest that everyone should be prepared to be self-sufficient for up to 72 hours following an emergency. Pack your emergency items in one location, preferably in a large duffel bag or plastic garbage can. Be sure your items are stored so it can be gotten to in the event your house is destroyed. Label all perishable items with a date of purchase and expiration date. Mark your calendar to check your emergency kit once a year. Be sure everyone in your family knows the location and contents of the emergency kit.

THE BASIC SURVIVAL KIT

- Water: One gallon for each person a day. A water purification system (filter with built-in iodine resin treatment) or water filter plus iodine or chlorine treatment will serve the water needs providing unpotable water is available to treat. Services recommend that you also treat and store a supply of potable water in air-tight containers for your family. A family of four should store six gallons for a 3-day supply. Replace the water supply every 12 months.
- First-aid kit: Stock with basic supplies and fresh medications. Restock medications every 12 months.
- Canned or freeze-dried food. Non thirst-inducing emergency bars.
- Hand-operated can opener
- Portable battery-operated radio (news source)
- Spare batteries for the radio
- Spare glasses
- Emergency supply of prescription medications. Restock every 12 months to keep fresh.
- Fire extinguisher, ABC-type
- Flashlight with fresh and spare batteries and bulb
- Pet food
- Money. Most ATM machines will be down
- Hand-wound watch or clock
- 5-gallon bucket (this will allow you to obtain unpotable water easily for treating)
- Garden hose (for siphoning water if needed or even fuel for cooking if things get really desperate)
- Emergency "heat reflective" space blankets

SAFETY AND COMFORT

- Sturdy work shoes
- Heavy work gloves
- Waterproof matches

- Change of clothes (sturdy work-type clothing)
- Pocket knife
- A family style tent
- Hat. Sun, rain, or cold protection.
- Pen and paper
- Deck of cards and toys for children
- Pillows
- Sleeping bags or warm blankets
- Waterproof rainwear
- 1-quart canteens for drinking water
- Lantern (gas, propane or battery powered). Be sure to have plenty of fuel or extra batteries.

SANITATION

- Large plastic garbage bags
- Camp suds (shampoo, body cleansing, dish cleaning)
- Household bleach
- Toothpaste and toothbrushes
- Pre-moistened towelettes
- Deodorant
- Feminine hygiene and supplies
- Infant supplies
- Toilet paper
- Powdered, chlorinated lime. Added to sewage this deodorizes, disinfects and keeps insects away
- Newspaper to wrap garbage and waste

COOKING

- Camp stove (two-burner), barbecue, hibachi, etc.
- Fuel for cooking equipment (enough for five days of cooking needs)
- Picnic supplies (paper plates/towels, plastic utensils)
- Large plastic mugs for hot or cold liquids
- Heavy-duty aluminum foil

TOOLS AND MISC. SUPPLIES

- Ax, shovel, broom
- Screwdrivers (flathead and Phillips)
- Wrench
- Pliers
- Hammers
- Parachute cord (100 feet)
- Duct tape
- Plastic sheeting
- Coil of bailing wire
- Large plastic garbage can **TNR**





U.S. Navy personnel made a positive impact on a rural Thai community recently.

Active Component (AC) and Reserve Component (RC) Sailors were deployed to the Thai Navy's Chuk Samet port in support of joint, multi-national exercise Cobra Gold 2006, which concluded in May. The exercise included air, land, and sea forces from Thailand, Singapore, Japan, Indonesia, and the U.S.

RC Sailors from three Military Sealift Command, Far East (MSCFE), Expeditionary Port Units (EPU), including EPU 111, Oklahoma City, EPU 112, Little Rock, Ark., and EPU 117, Alameda, Calif., as well as MSC RC unit Sea Logistics Command, Far East (SEALOGFE) 101, St. Louis volunteered their efforts and time at the Nikhomsangtonangchangwat Rayong village school.

The two-story school, serving grades one to 12, is located outside of Pattaya, Thailand, about a two-hour drive south from the capital city, Bangkok.

The Sailors went to work right away, cleaning dirt and dust from exterior surfaces, and sweeping floors from the dilapidated classroom. The school was very basic, without air conditioning, and only a single ceiling fan for over 50 students.

THAILAND SCHOOL MAKEOVER

STORY by Edward Baxter,
MSC Far East Public Affairs

Reservist Lt.Cmdr. Roger Acebo assigned to Military Sealift Command's Expeditionary Port Unit 111, Oklahoma City, Okla., rolls on a fresh coat of paint upon the walls of a Thai rural school on April 22. Sixteen Navy Reservists, deployed to Thailand in support of MSC's operations in support of Exercise *Cobra Gold 2006*, painted Classroom 'Four' of the two-story dilapidated village school. According to the schools' headmaster, Suthem Yompahan, the makeover represented the first time the Navy has visited the school.



MSC personnel began the “makeover” by “chipping in” to buy paint, brushes and rollers. Then everyone grabbed a brush or roller and went to work painting the room a bright shade of green. It took three hours to complete. Job done, the school provided a lunch of rice and chicken to show their appreciation.

Capt. Ken Carodine, commanding officer of EPU 112, appointed Lt.Cmdr. Roger Acebo, of EPU 111, who, in his civilian job works in the construction business, as the project’s “operations” director.

“One of the great things about our Reserve community is that they bring a lot of diverse skills, which we can put to very good use” Carodine said.

According to the school’s headmaster, Suthem Yompahan, the makeover represented the first time the U.S. Navy has visited the school.

“The children are on spring break and this is a great time to make improvements. The U.S. Navy’s participation is greatly appreciated,” Yompahan said.

A team from USS Russell (DDG 59) was also working at the school, painting an adjacent classroom.

“The kids will come back to school knowing that the U.S. Navy made things better for them,” said Information Technology 1st Class Patrick Gregg, assigned to EPU 112. “It’s a great feeling.”

EPU’s are expected to mobilize to ports throughout the world, prepared to coordinate pier side operations of MSC-controlled ships and the cargo they carry. SEALOGFE 101 personnel would fulfill operational roles at MSC’s Far East headquarters located in Yokohama, Japan.

Military Sealift Command, Far East, is responsible for ocean transportation services for the U.S. Department of Defense in the Western Pacific and Indian Ocean. **TNR**



FAR LEFT: A Reservist gets down and dirty in pre-paint preparations.

U.S. Navy photo by Edward Baxter

LEFT: The finished product, a bright and cheery shade of green.

U.S. Navy photo by Chief Electrician’s Mate Noel Corneja

Sailors Make Surprise Appearance in Community

by Mass Communication Specialist
1st Class Scott Comstock



SPOKANE, Wash. — More than 170 Navy Operational Support Center Spokane Reserve Sailors marched in the 68th Armed Forces Torchlight Parade in Spokane, Wash., May 20 as part of the community's Lilac Festival.

This was the first time that so many Spokane Reserve Sailors had taken part in one of the largest Armed Forces parades on the West Coast. The local residents lining the streets were accustomed to Air Force, National Guard and a few Marine units. The sudden, unexpected appearance of a huge Navy formation, made-up of local Reservists, brought them to their feet in spontaneous, thunderous applause. The Spokane center's Chief Petty Officer's Mess later reported Sailors had spotted local children running from block to block to watch the Navy contingent.

"It was fantastic!" Yeoman 2nd Class Michael Rorholm, a Reservist drilling at Navy Operational Support Center Spokane and parade participant, said. "I've been drilling here since 1989. This is the largest military (Navy) presence that I've ever seen taking part in the Torchlight Parade. The crowd

went wild when they saw us, I'd do it again for the next 20 to 25 years!"

The Navy Reservists noted the lack of Navy presence at the Torchlight Parade the previous years and set up a plan of action to correct this issue. A parade float committee was immediately established and began the design and construction of a USS Constitution replica float, complete with moving cannons and a telescoping, fully-rigged mast to safely pass under a series of low bridges.

"I worked on the float and thought it was great," Yeoman 1st Class Jennifer Polo, a Reservist and safety petty officer for the float, said. "I was proud to see the crowd start shouting 'Wow' and 'That's awesome' to us."

Polo added that she had made a quick inspection of the other military services' floats and was quick to point out that she felt the Navy had really scored a coup on military float design. When asked what she thought of the other military floats her answer was said with a proud smile, "Oh, their's were just plain."

The plan of action by the

Reserve center to instill Navy pride into this year's community event did not end with the float, however. Chief Boatswain's Mate Glenn Oakes was tasked with the job of getting more than 170 Sailors to form up into four columns taking up nearly a complete city block in length and march 24 blocks with a distance a bit more than two miles. The formation was actually the largest military presence at this year's parade, according to several of the Reservist spouses who attended the parade.

One observing Navy spouse called it a sea of white hats.

"Spokane doesn't realize it has a Navy contingent here. Civilians say 'You're in the Navy? Where's your boat?'" Oakes said. "This is going to help with recruiting because now the town will know that the Reserve Center is here and if they wish to join the Navy Reserve, they can drill in their hometown."

When asked how he thought the Reservists felt as they marched into a sea of cheering Spokane residents, Oakes simply laughed. "They didn't know what hit them."

TNR

Reservists Refurbish Patrol Crafts in Persian Gulf

Dubai — **Stepping up** to help their active-duty counterparts, Sailors from around the **U.S. Navy's Reserve Force** are heading to the Persian Gulf to assist the crews of **USS Chinook** (PC 9) and **USS Firebolt** (PC 10) in the **refit** of their ships.

Deploying in 2003 the two coastal patrol crafts have been a constant presence in the Arabian Gulf inspecting foreign ships and keeping a vigilant watch on the seas.

Now after this long period of underway and several crew swaps the Firebolt and Chinook are being given a much deserved refit.

Several Reserve Component (RC) Sailors have reported to Dubai to help in the refit project acting as project officers and have proved invaluable to the refit process.

According to Firebolt Commanding Officer, Lt. Cmdr. Keith Biando, the Reservists have stepped in and become an integral part of the ships crew.

"The work they have done has been extraordinary," said Biando. "They have developed an extremely good relationship with the shipyard contractors and the crew making the process of coordinating between the two groups almost seamless."

Working on the patrol crafts has been a unique experience for many of the RC Sailors and has opened up new doors for them in their Navy career.

For Ships Project Officer, Lt. j.g. Khalid Kader the experience has made him reevaluate his entire career track.

"We are working on practically every system on the ship," said Kader. "Seeing how the Reserve side can work right along side with the active has made seriously consider doing a volunteer recall."

The RC Sailors have proved invaluable in assuring that all steps of the process of the refit are being correctly accomplished.

Exemplifying the "Adapt and Overcome" motto, many of the RC Sailors have stepped outside of their rates and are working in areas vastly different from their chosen career tracks.

For Chief Fire Controlman Randall Potter, the experience gave him the opportunity to work as a storekeeper during his temporary duty to Dubai.

*U.S. Navy photo by
Ensign Arlo K. Abrahamson*

"Getting to work outside my rate, with the patrol crafts, gave me new a look into other parts of the Navy I hadn't experienced before," said Potter.

"The patrol craft crews are very close knit and welcomed me right in. I learned a lot from them and if given the opportunity would go back again."

The Chinook and Firebolt will be back in the Gulf before the end of the year patrolling and helping to keep the region safe. **TNR**

Story by
Mass Communication Specialist 1st Class
Rob Kerns

Photos by
Lt. Katarzyna Wyrozebski and
Chief Damage Controlman Mark Chrisp



above: Firebolt (PC 10) Main Propulsion Assistant Chief Engineman Morrow and Lt. Katarzyna Wyrozebski preparing main engines from Chinook (PC 9) for shipment to be overhauled.

below: Chief Damage Controlman Mark Chrisp and Lt.j.g. Khalid Kader witnessing TIR readings on the shafts, and blue transfer on shaft number 2.

below: Lt. Katarzyna Wyrozebski and MARMC Surveyor Fred Albert direct Firebolt (PC 10) first lift after priming.





Navy Reservist and award-

winning Hollywood director John Ford, changed American movies, and in the process, changed the way America saw itself.

This relationship reflected all the elements and all the paradoxes of 20th century America; generosity of spirit, abuse of power, a sense of loyalty and a restless nationalism that didn't quite know what to do with itself.

Born Feb. 1, 1894 in Cape Elizabeth, Maine, Ford's desire to enter the Naval Academy as a young man was dimmed by poor eyesight, but this New Englander never lost his love for the sea.

John Ford began his motion picture career as an actor, stunt man, prop man and director.

His military life began on a quiet note with what appeared to the world at large as Ford making alcohol-filled sailing trips around the world, on his private boat, with well known Hollywood actors. Unbeknownst to his passengers however, director Ford was spying for the United States.

Since the mid-thirties, he had been covertly photographing shorelines and shipping lanes for the American military in

preparation for a conflict many in the war department felt was inevitable.

An enthusiastic member of the Naval Reserve, Ford formed the Naval Field Photographic Reserve in early 1940.

This unit was assigned to the Office of Strategic Services (OSS) and Ford was ordered into action immediately after the attack on Pearl Harbor to make documentaries for the war effort in the Pacific theatre, North Africa, Europe and India.

Serving as a propagandist in the war effort, Ford was appointed chief of the OSS's Field Photographic Branch with the rank of lieutenant commander.

Shortly after the attack on Pearl Harbor he produced and directed documentaries for the United States; his first film, "We Sail at Midnight," the story of U-boats and freighters and his second, "Canal Report," about the security of the Panama Canal.

In May 1942, by direct order from Adm. Chester W. Nimitz, Ford was sent to Midway. Ford brought three 16mm combat cameras loaded with Kodachrome film; they were to be the first color cameras to be used under combat conditions.

In the first few minutes of the battle Ford was blown from his tower perch, suffering shrapnel wounds, knocked unconscious and left for dead.

By his own account, upon wakening he continued to shoot until he ran out of film. The color photography that survived is extraordinarily crisp and clear, typical of many of Ford's later features.

Ford won an Academy Award for "The Battle Of Midway" and it became the first American combat film to be released to the American public. The film produced a rich and deeply felt experience that captured the very intense emotions of a nation at war.

He also directed and produced the acclaimed docudrama entitled

Rear Adm. RESERVE JOHN Patriotism and Hollywood



Wearing his characteristic dark rimmed glasses and eye patch.



On the set.

Admiral FORD ism, War Hollywood

by Mass Communication
Specialist 1st Class Rob Kerns
and Bryan Bordelon

"December 7th," which earned him another Academy Award.

There were few cameras present during the attack on Pearl Harbor and director Ford was forced to re-create much of the action in a studio using miniatures with rear-screen or process photography. The carefully composed scenes of Sailors running, falling and firing weapons were filmed later using actors.

Footage has been borrowed repeatedly by other documentary filmmakers as an authentic record of the attack on Pearl Harbor.

"December 7th" represents an instance where moments of illusion have become, for most viewers, as "real" as a documentary. This was mainly due to actual facts that were blended so skillfully with recreations that the impact remains an outstanding example of the use of edited images to overwhelm an audience.

These two films lived on after the war and attained historical significance.

Whatever fame Ford attained in Hollywood was never as important to him as his naval commission and the numerous motion pictures he directed during the war, often uncredited for the Navy and the O.S.S. Ford distinguished himself as a citizen/soldier of the highest order.

By February 1945, Ford held the rank of captain and took a leave of absence from the Navy to film "They Were Expendable." He used his salary received from that picture to create the Field Photo Home, a club for the veterans of the Field Photographic Unit.

Ford was later promoted to rear admiral and ended his naval duties on Sept. 28, 1945.

Ford hated cowardice. The very thought of a man who wouldn't (or couldn't) stand up for himself, his God or his country was anathema to the self-proclaimed "Blue Jacket," and yet he was fascinated by weakness and dissected it over and over in his films.



John Ford being presented with the Oscar for "The Battle of Midway," 1942.

To Ford, being afraid wasn't the issue; it was what a person did with fear that counted. Many of Ford's heroes are men who refuse to give in to their fear. If a character can swallow his pride and find inner strength, then he's worthy of the audience's and Ford's respect. But if he can't find his guts, then Ford will savage him.

In the years following the war, Ford's films grew increasingly nostalgic as his disillusionment with post-war America grew. Injustice, racism, and greed seemed to be replacing the values he felt he and others had fought for. Ford grew deeply introspective.

Between the start of the war in 1941 and Ford's death in 1972, he and his protege, actor John Wayne made numerous films together. Those films helped define how Americans saw themselves, or put another way, how John Ford wished us to be as Americans.

Ford made U.S. history both poetic and heroic. He also made John Wayne the personification of what history saw as the American male. Wayne the actor and star brought a reluctant power to those roles. That reluctant power was Ford's principal and cherished idea of America's greatness.

Ford's accomplishments were honored by the motion picture industry in 1973 when he was awarded the first American Film Institute Lifetime Achievement Award. **TNR**

John Wayne and John Ford on "The Searchers" set, 1956.

James Stewart, John Ford and John Wayne on "The Man Who Shot Liberty Valance" set, 1962.



COBRA GOLD

Story by
Mass Communication Specialist
3rd Class Adam R. Cole,
Task Force 76 Public Affairs

U.S. Air Force photos by
Staff Sgt. Efren Lopez

KINGDOM of THAILAND — They are teachers, construction workers and even civilian mariners. But they are also U.S. Navy Sailors.

For most members of Commander, Amphibious Group (CPG) Reserve Detachment 218 out of St. Louis, those two weeks active duty are well spent by contributing to one of the largest exercises in the

Southeast Asia region: *Cobra Gold*.

Cobra Gold is a U.S.-Thai led annual combined exercise that bring a total of 11,000 military members, 6,000 of them U.S. to one place for training in a number of mission areas. This year's exercise during May 15-26, Reserve Component (RC) Sailors of CPG1, about 50 in all, augmented the entire exercise with in joint projects

and joint training.

The pinnacle moment for many of these RC Sailors during the exercise was the opening ceremony of a pavilion built next to a medical facility in Rayong, one of Thailand's most rural, yet industrially developing cities that lies southwest of Bangkok.

The pavilion was brought to life as part of a special build project completed

above: Construction Electrician's Mate 3rd Class Shawn Booth, left, helps Thai Army Sgt. Thriapol Kulublung, from the 1st Engineers Battalion, King's Guard, install a library window.



by five RC Seabees from Naval Mobile Construction Battalion (NMCB) 15, attached to CPG 1, along with active-duty Seabees of NMCB 4, and members of the Royal Thai Navy.

"This sort of thing gives you a warm fuzzy and really shows you what kind of impact we can make in our active duty time," said Builder 1st Class Ken Stallman, the leading petty

officer of the project. "We started with nearly nothing and made every day count to finish the project in a very short amount of time. All of us give a lot of credit to the Thai military and community for their cooperation and collaboration in order to achieve what we achieved."

The pavilion, a key addition to the Ban Yai-da Medical Clinic that was built predominantly with work from *Cobra Gold* 2002, will now be now serve a multitude of functions for the medical facility as well as a meeting place for the surrounding villages.

Elsewhere during the exercise, RC Sailors served as key watchstanders during a command post exercise (CPX) with both Royal Thai and Singapore Navy personnel in Utapao. This part of the exercise required the navies to work together to conduct a simulated peace keeping mission, one similar to scenarios outlined by the United Nations.

For RC Sailors participating in the exercise, most felt the experience was a good opportunity to re-live the best aspects of active duty, both the sense of purpose and the new friendships gained from working alongside people.

"It reminds me of active duty—making a difference," said Lt. Joe M. Hayes, of the St. Louis detachment, who spent 1999-2003 on active duty. "I'm glad we can help out and do what we can to accomplish the mission. The best part, as it was when I was active, is the camaraderie."

Though the RC Sailors

don't serve in such a capacity on a day-to-day level, like their active components (AC), they performed exceptionally, according to Rear Adm. Victor G. Guillory, Commander, Amphibious Force, 7th Fleet. He addressed a group of Reservists at the closing of the CPX portion of the exercise and offered his thanks along with a *Cobra Gold* official coin.

"You all made a difference in *Cobra Gold* 2006 and your contributions are duly noted," said Guillory. "At CTF 76, we pride ourselves in our Reserve capabilities. We know that when called upon, you all give a tremendous effort and that is what helped make such an impact here at this exercise."

RC Sailors are a key component to Commander Task Force (CTF) 7 operations year-round. There are 60 Reservists attached to CPG-1 Det 218. With sound coordination, these Sailors can be deployed and ready to make a difference.

"Navy Reservists play a large part in the *Cobra Gold* exercises every year," said Lt. Cmdr. Sean Brogan, CTF 76 operational support officer. "This year, there were over 60 Reservists from three different units that directly supported CTF 76. These units included CTF 76's Reserve Detachments, Navy Mobile Construction Battalion 15 Det. 0815 and COMPACFLT Intel Det 0270."

The ability to make a difference, even as a RC Sailor, is what motivated Quartermaster 1st Class Sean O. Cote to join the Navy Reserve following 9/11. Cote

was capped to first class petty officer by Guillory during the exercise. He served on active duty as an electronics warfare technician from 1982-1988 then spent some time in the Merchant Marines before landing at his current job as an employee of a telecommunications corporation.

"I knew that my skills could be utilized and I felt a strong calling to make those skills available," said Cote.

During *Cobra Gold*, Cote worked with operations staff members to track and mark contacts in order to help build a real-time common operational picture that would be used to properly direct CTF 76 assets. He now sees how vital his and others role is.

"This exercise showed us that our skills can be used to make an impact in an operational setting such as this," said Cote. "I now feel confident that I use my skills and leadership and apply them with very little ramp up time if we were to be called up on short notice. We all very much feel we can step up to the plate when called upon."

Task Force 76 is the Navy's only forward-deployed amphibious force and is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan. **TNR**



above left: Thai Army Sgt. Maj. Praman Gomsagoon shows U.S. Navy Seabees how to level a set of scaffolds during the construction of a one-story concrete block library in Nong Mong, Thailand.

Now Hear This!



R 060031Z JUN 06

FM CNO WASHINGTON DC//N1//

NAVADMIN 163/06

SUBJ/POTENTIAL COMPROMISE OF PERSONAL INFORMATION//

1. THIS MESSAGE IS TO NOTIFY YOU OF A POTENTIAL COMPROMISE OF PERSONAL INFORMATION GENERATED BY AN EMPLOYEE OF THE DEPARTMENT OF VETERANS AFFAIRS (DVA); IT POTENTIALLY AFFECTS A NUMBER OF VETERANS, AS WELL AS ACTIVE DUTY AND RESERVE PERSONNEL. NAVY IS WORKING CLOSELY WITH THE OFFICE OF THE SECRETARY OF DEFENSE (OSD) AND DVA TO DETERMINE THE EXACT SCOPE OF THE COMPROMISE AND TO ENSURE THAT SAILORS AND THEIR FAMILIES ARE AWARE OF THE IMPACT AND STEPS THEY MAY TAKE TO PROTECT THEMSELVES FROM ANY SUBSEQUENT MISUSE OF THEIR PERSONAL INFORMATION.

2. THE DVA CURRENTLY PLANS TO SEND OUT INDIVIDUAL NOTIFICATION LETTERS TO ALL SAILORS AFFECTED BY THE COMPROMISE. ADDITIONALLY, WORKING WITH OTHER GOVERNMENT AGENCIES, THE DVA HAS ALSO SET UP A SPECIAL LINK AT THE WEBSITE **WWW.FIRSTGOV.GOV/VETERANSINFO.SHTML** AND A MANNED CALL CENTER THAT AFFECTED PERSONNEL MAY CALL TO OBTAIN INFORMATION ABOUT THIS SITUATION AND LEARN MORE ABOUT CONSUMER IDENTITY PROTECTIONS.

THE TOLL FREE NUMBER IS 1-800-333-4636. THE CALL CENTER WILL OPERATE FROM 0800 TO 2100 (EDT), MONDAY THROUGH SATURDAY FOR AS LONG AS NECESSARY.

3. AT THIS POINT, THERE IS NO EVIDENCE THAT ANY COMPROMISED DATA HAS BEEN USED ILLEGALLY. HOWEVER, THE DVA IS ASKING ALL WHO HAVE BEEN POTENTIALLY AFFECTED TO BE EXTRA VIGILANT AND TO CAREFULLY MONITOR BANK STATEMENTS, CREDIT CARD STATEMENTS AND ANY STATEMENTS RELATING TO RECENT FINANCIAL TRANSACTIONS.

4. THE FOLLOWING ARE TIPS ON HOW TO WATCH FOR AND DETECT SUSPICIOUS ACTIVITY:

A. CLOSELY MONITOR BANK AND CREDIT CARD STATEMENTS FOR FRAUDULENT TRANSACTIONS. MONITORING ACCOUNTS ONLINE IS THE BEST WAY TO DETECT FRAUD EARLY.

B. PLACE A 90-DAY FRAUD ALERT ON ALL CREDIT REPORTS, WHICH TELLS CREDITORS TO CONTACT THE ACCOUNT OWNER BEFORE OPENING ANY NEW ACCOUNTS OR MAKING ANY CHANGES TO EXISTING ACCOUNTS. THIS ACTION MAY CAUSE DELAYS WHEN TRYING TO OBTAIN NEW CREDIT.

C. THE INITIAL STEP IS TO CONTACT ANY ONE OF THE THREE CONSUMER REPORTING COMPANIES FOR INFORMATION ON HOW TO OBTAIN A COPY OF CREDIT REPORTS AND/OR PLACE FRAUD ALERTS ON ACCOUNTS. THE CONSUMER REPORTING COMPANIES ARE:

- EQUIFAX: 1-800-525-6285, **WWW.EQUIFAX.COM**
- EXPERIAN: 1-888-397-3742, **WWW.EXPERIAN.COM**
- TRANSUNION: 1-800-680-7289, **WWW.TRANSUNION.COM** THE COMPANY CALLED IS REQUIRED TO CONTACT THE OTHER TWO. ONCE THE FRAUD ALERT IS CREATED, FREE COPIES OF THESE CREDIT REPORTS WILL BE MADE AVAILABLE. SAILORS SHOULD REVIEW THESE REPORTS FOR INQUIRIES FROM COMPANIES THEY HAVE NOT CONTACTED OR ACCOUNTS THEY DIDN'T OPEN.

5. IF FRAUDULENT ACCOUNTS OR TRANSACTIONS ARE FOUND:

A. CONTACT THE FINANCIAL INSTITUTION TO CLOSE THE FRAUDULENT ACCOUNTS OR ACCOUNTS THAT HAVE BEEN TAMPERED WITH.

B. FILE A REPORT WITH THE LOCAL POLICE DEPARTMENT.

C. FILE A COMPLAINT WITH THE FEDERAL TRADE COMMISSION (FTC).

6. ADDITIONAL INFORMATION IS LOCATED ON THE NKO WEBSITE:

COURSE TITLE: IDENTITY THEFT AND CATALOG CODE FS0406 _ ENG. LOG INTO NKO, CLICK LEARNING TAB, CLICK E-LEARNING AUTO-LOGON GEAR LINK, CLICK ADVANCED SEARCH, UNDER COURSE TITLE ENTER IDENTITY THEFT, ENROLL AND BEGIN TRAINING.

7. SAILORS CAN ALSO VISIT THE FTC WEBSITE AT **WWW.CONSUMER.GOV/IDTHEFT** FOR INFORMATION TO HELP DEFEND AGAINST IDENTITY THEFT.

8. FURTHER ASSISTANCE IS AVAILABLE THROUGH YOUR LOCAL NAVY LEGAL SERVICE OFFICE, COMMAND FINANCIAL SPECIALIST AND FINANCIAL EDUCATORS AT FLEET AND FAMILY SUPPORT CENTERS.

9. RELEASED BY VADM J. C. HARVEY, JR., N1.//



I WANT YOU

TO VERIFY YOUR PAGE 2

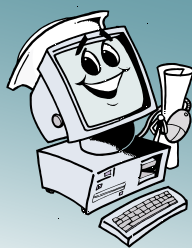
The RC “Force E-mail Distribution List” (FEDL) was established two years ago to provide timely Navy Reserve info to the Force daily.

ANYONE who is interested in staying up-to-date on the Navy Reserve Force is highly encouraged to be part of this distribution list, specifically RC personnel (officers, enlisted and civilian employees), family members or civic community leaders.

To register, please e-mail CNRFC Public Affairs, Lt. Adam Bashaw (adam.bashaw@navy.mil). In your e-mail, include your rank, name, billet and the e-mail addresses (NMCI and non-NMCI) you'd like to receive the info.

“FEDL Alerts,” text message summaries are also sent to SMS-capable cellular phones. To subscribe, e-mail Cmdr. Ed Buclatin (ed.buclatin@navy.mil). Include your rank, name, billet, cell number and cell provider.

Membership to the FEDL and FEDL Alerts is voluntary. If you are currently receiving RC Force e-mails and would like to be removed from the list permanently, please send an e-mail to CNRF PA with “UNSUBSCRIBE” in the subject line.



Force Email Distribution List:

- CNRFC Daily News Clips
- CNR and CNRFC messages
- RC-related Naval messages
- Public Affairs guidance
- Updated policies/benefits for personnel and family members
- RC Operational Summaries
- RC articles of interest



Activation/Mobilization Checklist

Required Documents for Your Family and You.

A. Pay/Direct Deposit/Allotment

- ☐ Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers).
- ☐ Bank account information (bank address/telephone, bank routing/account numbers) for each desired allotment.
- ☐ Copy of current mortgage(s) (with principal/interest/tax/insurance breakdown) and documentation of one month's average utilities, OR copy of house or apartment rental agreement and documentation of one month's average utilities.
- ☐ Copy(s) of current child support agreement(s).
- ☐ If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical), Nurse Corps (NC)] certified copies or proof of the following:
 - Current license/certificate
 - Current BCLS, ACLS, PALS, etc.
 - Current demographic information if MC
 - Internship
 - Residency
 - Board certification in specialty or board certification qualifications.

B. Service Record/PSD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).

C. Security Clearance

- ☐ Certified copy of naturalization papers.
- ☐ Names/addresses of personal/professional references (minimum of 3 each required).

- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

D. Legal

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits, etc.

E. Medical

- ☐ Copy of most recent eyeglass prescription and extra set of eyeglasses. (**NOTE Contact lenses may not be authorized depending upon duty assignment.)
- ☐ Extra hearing aid/batteries.
- ☐ Documentation of significant medical/dental conditions not documented in military medical/dental records.
- ☐ Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
- ☐ Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
- ☐ Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).

F. Personal

- ☐ Driver's license (to support issuance of government license.)
- ☐ For those authorized POV travel, vehicle registration/insurance documentation.
- ☐ Documentation to support any claim delay and/or exemption.
- ☐ Completed and mailed application for registration and absentee ballot (SF-86).

**** NOTE:** If requirements listed above for Service Record/PSD and Security Clearance are already reflected in your service record, you do not need to bring additional documents.



Navy Reserve Travel and Pay Processing Checklist

What You Need To Know.

1. Messing and Berthing

- ☐ Verify whether you will be reimbursed for commercial or government berthing and messing:
- ☐ A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (hotel costs). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.
- ☐ Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.

2. SELRES Pay & Allowance (for AT & ADT orders)

- ☐ Upon reporting for duty, submit to that Command's local PSD:
- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Copy of current/verified NAVPERS 1070/60 "Page 2."
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).

3. SELRES Travel Claim Checklist (for all orders: AT, ADT: & IDTT)

- ☐ Submit the following to your Reserve Activity within two (2) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with electronic funds transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.

NOTE: *Incomplete Travel Claims can result in returned or incomplete payment!*

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: www.navalreserve.navy.mil > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR

Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / N00Q

Chief of Navy Reserve
(703) 693-5757

Office of the
Chief of Navy Reserve
(703) 614-4506

Commander Navy Reserve
Forces Command
(504) 678-5313

Force Equal Opportunity
Advisor & EO Hotline
Senior Chief Michael Pope
1-877-822-7629

REDCOM Northeast
1-866-249-2454

Albany, N.Y.
(518) 489-5441

Amityville, N.Y.
(631) 842-4850

Bangor, Maine
(207) 942-4388

Brunswick, Maine
(207) 522-1064

Bronx, N.Y.
(646) 342-3754

Buffalo, N.Y.
(716) 807-4769

Earle, N.J.
(732) 580-8545
(732) 866-2888

Fort Dix, N.J.
(609) 351-1375

Fort Drum
(Watertown), N.Y.
(315) 212-0352

Glens Falls, N.Y.
(518) 505-4534

Horseheads, N.Y.
(607) 331-9309

Manchester, N.H.
(603) 303-0705
(603) 537-8023

New London, Conn.
(860) 625-3208

Newport, R. I.
(401) 841-4550

Plainville, Conn.
(860) 573-9180

Quincy, Mass.
(617) 777-7245
(617) 504-3024

Rochester, N.Y.
(585) 247-6858

Syracuse, N.Y.
(315) 455-2441

White River Junction, Vt.
(802) 295-0050

Worcester, Mass.
(508) 259-7103

REDCOM Mid Atlantic
1-866-538-4773

Adelphi, Md.
(301) 394-5800

Avoca, Pa.
(570) 407-1086

Baltimore, Md.
(410) 752-4561

Ebensburg, Pa.
(814) 341-2199

Erie, Pa.
(814) 866-3073

Harrisburg, Pa.
(888) 879-6649

Huntington, W. Va.
(304) 523-7471

Lehigh Valley, Pa.
(610) 264-8823

Moundsville, W.Va.
(804) 843-1553

Norfolk, Va.
(757) 635-4548

Pittsburgh, Pa.
(412) 673-0801

Reading, Pa.
(610) 378-0164

Richmond, Va.
(804) 833-2882

Roanoke, Va.
(540) 309-2563
(540) 563-9723

Washington, D.C.
(202) 391-6907

Willow Grove, Pa.
1-866-945-5694

Wilmington, Del.
(302) 998-3328

REDCOM Southeast
1-800-201-4199

Asheville, N.C.
(828) 777-1194

Atlanta, Ga.
(770) 722-4392
(678) 655-6392

Augusta, Ga.
(706) 533-3439

Bessmer, Ala.
(205) 497-2600

Charleston, S.C.
(843) 743-2620

Charlotte, N.C.
(704) 264-9159

Chattanooga, Tenn.
(423) 322-6814

Columbia, S.C.
(803) 606-4756

Columbus, Ga.
(706) 464-9895

Greensboro, N.C.
(336) 254-8671

Greenville, S.C.
(864) 423-5889

Gulfport, Miss.
(228) 323-0064

Jacksonville, Fla.
(904) 542-3320

Knoxville, Tenn.
(865) 406-4024

Lexington, Ky.
(859) 494-1473

Louisville, Ky.
(502) 386-1721

Memphis, Tenn.
(901) 212-5354
(901) 874-5256

Meridian, Miss.
(601) 604-1865

Miami, Fla.
(305) 336-5572

Mobile, Ala.
(251) 490-0611

Nashville, Tenn.
(615) 429-0890

Orlando, Fla.
(407) 240-5939

Pensacola, Fla.
(850) 384-4023

Raleigh, N.C.
(866) 635-8393

Roosevelt Roads, P.R.
(787) 865-4300

St. Petersburg
(Clearwater), Fla.
(727) 744-9927

Tallahassee, Fla.
(850) 294-9158

Tampa, Fla.
(813) 486-0236

Tuscaloosa, Ala.
(205) 292-0198

West Palm, Fla.
(561) 315-7888
(561) 687-3960

Wilmington, N.C.
(910) 540-9676
(910) 762-9676

REDCOM South
1-866-587-0544

Albuquerque, N.M.
(505) 379-1366

Amarillo, Texas
1-866-804-1627

Austin, Texas
(512) 797-2250

Baton Rouge, La.
(225) 270-2751

Cape Girardeau, Mo.
(573) 576-9300

Cedar Rapids, Iowa
(319) 310-4796

Corpus Christi, Texas
(361) 728-5507

Des Moines, Iowa
(515) 205-6527

Dubuque, Iowa
1-866-556-2144

El Paso, Texas
(915) 276-6289

Fort Worth, Texas
(817) 271-8936

Harlingen, Texas
(956) 367-1856

Houston, Texas
(713) 502-2731

Kansas City, Mo.
(816) 923-2341

Lincoln, Neb.
(402) 450-4072

Little Rock, Ark.
(501) 416-6356

Lubbock, Texas
(806) 765-6657

New Orleans, La.
(504) 554-5830
(504) 697-9205

Oklahoma City, Okla.
(405) 733-1052

Omaha, Neb.
(402) 871-7086

Orange, Texas
(409) 779-0158

San Antonio, Texas
(210) 381-2297

Shreveport, La.
(318) 393-0096

Sioux City, Iowa
(712) 490-8049
(712) 276-0130

Springfield, Mo.
(417) 425-2598

St. Louis, Mo.
(314) 954-1052

Tulsa (Broken Arrow)
(918) 258-7822

Waco, Texas
(254) 498-1910

Wichita, Kan.
(316) 640-5139

REDCOM Mid West
1-866-356-3446

Akron, Ohio
(330) 376-9054

Battle Creek, Mich.
(269) 420-8813

Chicago, Ill.
(847) 804-1525

Cincinnati, Ohio
(513) 319-9396

Cleveland, Ohio
(216) 771-0845

Columbus, Ohio
(614) 352-3331

Decatur, Ill.
(217) 433-9058

Detroit, Mich.
(586) 307-6148

Duluth, Minn.
(218) 310-0166

Evansville, Ind.
(812) 455-1133

Forest Park, Ill.
(708) 670-2280

Grand Rapids, Mich.
(616) 363-6889

Green Bay, Wis.
(920) 366-4606

Grisson, Indiana
(765) 469-0178

Indianapolis, Ind.
(317) 294-7380

La Crosse, Wis.
(608) 792-1622

Lansing, Mich.
(517) 930-2579

Madison, Wis.
(608) 225-3417

Marquette, Mich.
(906) 362-8767

Milwaukee, Wis.
(414) 303-9606

Minneapolis, Minn.
(612)-713-4600

Norfolk, Va.
(757) 444-7295

Peoria, Ill.
(309) 678-1157

Rock Island, Ill.
(309) 737-7731

Saginaw, Mich.
(989) 233-5712

Toledo
(Perryburg), Ohio
(419)-666-3444

Youngstown, Ohio
(330) 609-1900

REDCOM Southwest
1-866-744-1735

Alameda, Calif.
(510) 967-5143

Encino, Calif.
(818) 381-6752

Guam
(671)-777-2433

Honolulu, Hawaii
(808) 227-3575

Las Vegas, Nev.
(702) 349-9685

Lemoore, Calif.
(559) 960-3228

Los Angeles, Calif.
(310) 617-8360

Moreno Valley, Calif.
(951) 840-0187

Phoenix, Ariz.
(602)-374-0993

Point Mugu, Calif.
(805) 989-7559

Port Hueneme, Calif.
(805) 469-3845

Reno, Nev.
(775) 250-7886

Sacramento, Calif.
(916) 919-6059

San Diego, Calif.
(619)-571-5177
(619) 545-2632

San Jose, Calif.
(408) 210-2950

Tucson, Ariz.
(520) 228-6289
(520) 444-4439

REDCOM Northwest
(425) 304-3338

Bangor, Wash.
(360) 315-3004

Billings, Mont.
(406) 248-2090

Boise, Idaho
(208) 841-2004

Central Point, Ore.
(541) 941-5082

Cheyenne, Wy.
(307) 631-0979

Denver, Colo.
(720) 847-6205
(303) 677-6230

Eugene, Ore.
(541) 342-1887

Everett, Wash.
(425) 304-4764

Fargo, N.D.
(701) 232-3689

Fort Carson, Colo.
(719)-331-6177

Fort Richardson, Alaska
(907) 384-6491

Helena, Mont.
(406) 449-5725

Pocatello, Idaho
(208) 238-0490

Portland, Ore.
(503) 285-4566

Salt Lake City, Utah
(801) 725-3346

Sioux Falls, S.D.
(605) 359-4113

Spokane, Wash.
(509) 879-9260

Tacoma, Wash.
(253) 209-0181

Whidbey Island, Wash.
(360) 257-2922

Naval Air Stations

Atlanta, Ga.
(678) 655-6392

Fort Worth, Texas
(817) 782-7152

New Orleans, La.
(504) 678-3254

Signonella, Italy
001-39-095-86-2359

Willow Grove, Pa.
(215) 443-6454

Naval Air Facility

Washington D.C.
(240) 857-4880

**Reserve Patrol Wing
(COMRESPATWING)**
(215) 443-6817

VP-62
(904) 542-2211

VP-66
(215) 443-6600

VP-65
(805) 989-8765/7598

VP-69
(360) 257-2522

VP-92
(207) 921-2092

VP-94
(504) 678-3324

Fleet Logistics
Support Wing
(817) 825-6438

VR-1
(240) 857-3722

VR-46
(678) 655-6333

VR-48
(240) 857-6814

VR-51
(808) 257-3289

VR-52
(215) 443 6553

VR-53
(240) 857-9029

VR-54
(504) 678-3700

VR-55
(805) 989-8755

VR-56
(619) 545-6920

VR-57
(757) 445-0746

VR-58
(904) 542-4051

VR-59
(817) 782-5411

VR-61
(360) 257-6595

VR-62
(207) 921-1462

VR-64
(215) 443-6400

Carrier Air Wing
Reserve 20
(678) 575-6830

VAQ-209
(240) 857-7828

VAW-77
(678) 655-6382

VFA-201
(817) 782-6363-221

VFA-204
(504) 678-3491

VFC-12
(757) 433-4919

VFC-13
(775) 426-3645

RC Phone Directory

Bureau of Medicine and Surgery (202) 762-3415	Merchant Marine Program (504) 678-0590	Naval Hospital Oak Harbor, Wash. (360) 257-9991	Naval Support Activity, Bahrain 011-1785-9019	Sealift Logistics Command Atlantic (757) 443-5653	US Seventh Fleet 011-81-6160-43-7440 x4090	Reserve Intelligence Area Eighteen Devens, Mass. (978) 796-2610 1-800-854-8019
Center for Naval Aviation Technical Training (361) 961-3618	Military Sealift Fleet Support Command (202) 685-5149	Naval Hospital Pensacola, Fla. (850) 505-6832	Naval Surface Force US Atlantic Fleet (757) 836-3234	Sealift Logistics Command Europe 011-39-081-568-3568	US Sixth Fleet 011-39-081-568-4634	Reserve Intelligence Area Nineteen Andrews AFB (240) 857-2030
Center for Personal Development (757) 492-7622	Mine Warfare Command (361) 961-4828 (361) 961-4885 (361) 961-4894	Naval Hospital Yokosuka, Japan 011-81-6160-43-9549	Naval Surface Forces/ Naval Surface Force US Pacific Fleet (619) 437-2219 (619) 437-2342	Sealift Logistics Command Pacific (619) 553-7787	US Southern Command (305) 437-2987 (305) 437-1255	Reserve Cryptologic Area Central Ft Sheridan, Ill. (847) 688-7210
Comptroller of Navy (OMN&R) (703) 614-0061	Naval Air Force US Atlantic Fleet (757) 445-1482 (757) 444-6694	Naval Inspector General (202) 433-4707	Naval War College (401) 841-7801 (401) 841-4450 (401)-841-7539	Space And Naval Warfare Systems Command (619) 524-7323	US Special Operations Command (813) 828-3004	Naval Reserve Security Group Command
Comptroller of Navy (RPN) (703) 614-5528	Naval Air Forces/ Naval Air Force US Pacific Fleet (619) 545-2734 (619) 545-7272	Naval Medical Center Portsmouth, Va. (757) 953-7700	Naval Emergency Preparedness Liaison Officer Program (504) 678-4264	Submarine Force US Pacific Fleet (808) 473-2346	US Strategic Command (402) 294-8141 (402) 294-8121	Reserve Cryptologic Area East Fort Dix, N.J. (609) 562-1413
Defense Intelligence Agency (202) 231-4980	Naval Air Systems Command (301) 757-8512 (301) 342-9680	Naval Medical Education and Training Command (301) 319-4966	Navy Expeditionary Combat Command (757) 462-7400 x167	Submarine Group Nine (360) 396-6949	US Third Fleet (619) 524-9537	Reserve Cryptologic Area West San Diego, Calif. (619) 524-0239
Defense Logistics Agency (703) 767-5320	Naval Coastal Warfare Group One (619) 437-9525 (619) 437-9475 (619) 437-9897	Naval Meteorology and Oceanography Command (228) 688-4531	Navy Expeditionary Logistics Support Group (757) 256-1349	Submarine Group Ten (812) 573-4258	US Transportation Command (619) 229-7084	Reserve Cryptologic Area South Forest Park, Ga. (404) 469-7162
Destroyer Squadron Two (757) 444-1452 x509	Naval Coastal Warfare Group Two (757) 396-0513 (757) 967-4403	Naval Network and Space Operations Command (540) 653-5001	Navy Installations Command (202) 433-4721	Submarine Group Two (860) 694-3122	Naval Reserve Intelligence Command	Reserve Cryptologic Area One Oak Harbor, Wash. (360) 257-2254
Employer Support of the Guard and Reserve DSN: 426-1390	Naval Construction Forces Command (757) 462-8225 x230	Naval Network Warfare Command (757) 417-6701	Navy Munitions Command (757) 887-4541	Submarine Squadron Eleven (619) 553-0747	Reserve Intelligence Command Headquarters Fort Worth, Texas 1-800-544-9962	Reserve Cryptologic Area Four San Diego, Calif. (619) 524-6432
First Naval Construction Division (757) 462-8225 x229	Naval Education and Training Command (850) 452-9252	Naval Operational Logistics Support Center (757) 443-5274	Navy Office of Information (504) 678-6055	US Central Command (813) 827-6938 (813) 827-6941	Reserve Intelligence Area Three New Orleans, La. (504) 678-3411 1-888-347-2606	Reserve Cryptologic Area Five Aurora, Colo. (720) 847-6225
Fleet Activities Chinhae, Korea 011-82-55-540-2852	Naval Expeditionary Logistics Support Force (757) 256-1349 (757)-256-1384	Naval Operations Office of the Chief of Chaplains (504) 678-6446 (703) 614-4437	Navy Personnel Command (901) 874-4481	US European Command 011-49-711-680-4002	Reserve Intelligence Area Four San Diego, Calif. (619) 524-6432 1-800-873-4139	CNATRA (361) 961-2058
Fleet and Industrial Supply Center Jacksonville, Fla. (904) 542-1157	Naval Facilities Engineering Command (202) 685-9010	Naval Operations Office of Naval Intelligence (504) 678-1394	Navy Region Europe 011-44-207-514-4605 011-39-081-568-4636 011-39-081-568-8215	US Fifth Fleet 011-973-724-383	Reserve Intelligence Area Six Fort Worth, Texas (817) 782-6462 1-800-548-4738	CNATRA PM (504) 678-1072
Fleet and Industrial Supply Center Norfolk, Va. (757) 443-1012	Naval Health Care New England (860) 694-4105	Naval Personnel Development Command (757) 444-4996 (757) 444-2996 x3111	Navy Region Guam (671) 339-3123 (671) 339-5206 (671) 339-2668	US Fleet Forces Command (757)-836-3847 (757)-836-0454 (757) 836-3551	Reserve Intelligence Area Nine Great Lakes, Ill. (847) 688-6273	Navy Expeditionary Combat Command (757) 462-7400
Fleet and Industrial Supply Center Pearl Harbor, Hawaii (808) 473-4627	Naval Hospital Camp Pendleton, Calif. (760) 725-1373	Naval Sea Systems Command (202) 781-3116 (202) 781-3227	Navy Region Gulf Coast (850) 452-1341 (850) 452-1046	US Joint Forces Command 757-836-6570	Reserve Intelligence Area Ten Minneapolis, Minn. (612) 713-4700 1-800-253-4011	Explosive Ordnance Disposal Group One (619) 437-3700 (619) 556-5403
Fleet and Industrial Supply Center San Diego, Calif. (619) 532-4283	Naval Hospital Charleston, S.C. (843) 743-7316	Naval Security Group Command (240) 373-3415	Navy Region Hawaii (808) 473-4505	US Naval Forces Central Command 011-973-724-383	Reserve Intelligence Area Eleven Jacksonville, Fla. (904) 542-3320	Explosive Ordnance Disposal Group Two (757) 462-8453 (757) 462-8470
Fleet and Industrial Supply Center Yokosuka, Japan 011-81-46-816-6548	Naval Health Clinic Great Lakes, Ill. (847) 688-6699	Naval Service Training Command Great Lakes, Ill. (708) 218-5042	Navy Region Japan 011-81-468-16-4467	US Naval Forces Alaska (907) 463-2248	Reserve Intelligence Area Twelve Marietta, Ga. (678) 655-6380 (888) 436-2246	First Naval Construction Division (757) 462-7421
Fleet Air Mediterranean 011-39-081-568-4184	Naval Hospital Lemoore, Calif. (559) 996-2529	Naval Special Warfare Command (619) 437-5196	Navy Region Korea 011-822-7913-5795	US Naval Forces Japan 011-81-468-16-4467 011-81-468-16-4174	Reserve Intelligence Area Fifteen Norfolk, Va. (757) 444-1352	Naval Coastal Warfare Group One (619) 437-9475
Fleet Information Warfare Center (757) 417-4018	Naval Hospital Naples Italy 011-39-081-811-6099	Naval Special Warfare Operational Support Group (619) 437-5196	Navy Region Mid-Atlantic (757) 445-2435 (757) 444-6454	US Naval Forces Korea 011-822-7913-5795	Reserve Intelligence Area Sixteen Willow Grove, Pa. (215) 443-6651 1-877-205-0838	Naval Coastal Warfare Group Two (757) 396-0513
Fleet Forces Command (757) 836-3634 (757) 836-3837 (757) 836-0454 (757) 836-3847 (757) 836-5397			Navy Region Northeast (860) 694-2210 (203) 466-0314	US Naval Forces Marianas (671) 339-5432 (671) 339-5117 (671) 339-2668		
Fleet Intelligence Training Center Pacific (619) 524-6753			Navy Region Northwest (360) 315-3007	US Naval Forces Southern Command (904) 270-7354 x4304		
Headquarters US Marine Corps DSN: 278-9360			Navy Region South (361) 961-2390	US Naval Special Warfare Command (619) 437-3230		
Joint Chiefs of Staff (703) 697-3397 (703) 693-9753			Navy Region Southwest (706) 354-7301 (619) 532-1239 (619) 532-1122	US Northern Command (719) 554-4120 (719) 554-0552		
Joint Forces Intelligence Command (757) 836-7211			Navy Region Southwest Asia 011-973-1785-9019	US Pacific Command (808) 477-2322 (808) 477-1405		
Judge Advocate General (504) 678-5303 (202) 685-5216			Office Naval Intelligence (301) 669-4602	US Pacific Fleet (808) 474-8415 (808) 474-1178		
Logistics Group Western Pacific 011-65-6750-2342			Office of Naval Research (703) 696-6676	US Second Fleet (703) 696-6676 (757) 444-4041 (757) 445-4672		
Marine Forces Reserve (504) 678-8637			Puget Sound Naval Shipyard (360) 476-7683			

**NAVY
RESERVE**



Decisions, decisions.....

Everyday you are testing the waters, navigating through myriad career possibilities and choices. Don't let your time with the Navy wash away. The Navy Reserve can offer you continuation of benefits and secure pay. With numerous interesting programs, you can be assured of a stimulating and rewarding career. To learn more, visit navyreserve.com or call 1-800-USA-USNR.

NAVY
RESERVE

TheNAVY
RESERVIST
SUPPORT TO THE FLEET...READY AND FULLY INTEGRATED

PRSR STD
US POSTAGE
PAID
LOUISVILLE, KY
PERMIT #777